**Are you ready to work with a Life Coach?**

Take this quick survey to see if you are ready to work with a Life Coach.

|  |  |
| --- | --- |
| **Rate Each Statement Below** | **1 = Strongly Disagree**  **5 = Strongly Agree** |
| **Select the number that best fits how you feel in the present moment** | **1 2 3 4 5** |
|  |  |
| 1. I desire clarity about key areas in my life (relationships, career, health, etc.) |  |
| 1. I am open to the opinion of others whom I respect |  |
| 1. I am open minded and consider various options and possibilities when making decisions |  |
| 1. I have goals in my life which I haven’t yet achieved |  |
| 1. I’d like to bring greater balance in my life between personal and professional goals |  |
| 1. I benefit from experiencing a different perspective, even when I disagree with it. |  |
| 1. Overall, I consider myself to be emotionally healthy |  |
| 1. In general, I learn from situations in which the outcome was different than what I desired |  |
| 1. Overall, am an action-oriented person |  |
| 1. I am committed to self-growth and to achieving my desires |  |
| 1. I enjoy thinking about the possibilities of living my dreams, and I experience little or no anxiety when doing so |  |
| 1. In general, I am an optimistic person |  |
| 1. Overall, I am a reflective person |  |
| 1. I believe it is possible to live purposefully and passionately |  |
| 1. I am ready to commit time/energy to achieving my desires |  |
| **Total your score** | **Total:** |

**Explanation of Score**

This is a tool to guide you in determining if you are ready to commit to being coached.

**60 - 75 Y**ou are very ready to be coached

**45 – 59 Y**ou are ready to be coached

**30 - 44 Y**ou are somewhat ready to be coached

**15 - 29 Y**ou may need more time to emotionally prepare for an optimal coaching relationship

PLEASE RETURN TO: Sandy@LeadershipBridgeLLC.com